

INTISARI

Latar Belakang: Penyebaran Covid-19 di Indonesia berdampak pada sistem pendidikan dimana terjadi peralihan pembelajaran luring menjadi daring. Hal ini dapat menyebabkan mahasiswa mengalami tekanan akademik hingga menyebabkan terjadinya stres akademik. Stres akademik dapat berdampak pada indeks prestasi kumulatif (IPK).

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara stres akademik dengan IPK pada mahasiswa Ilmu Keperawatan Universitas Gadjah Mada masa pandemi Covid-19.

Metode: Penelitian ini merupakan penelitian analitik korelasional dengan rancangan *cross-sectional*. Populasi penelitian ini mahasiswa Ilmu Keperawatan angkatan 2019, 2020, dan 2021. Jumlah sampel total 185 responden yang didapatkan melalui metode *purposive sampling* dan *stratified random sampling*. Instrumen yang digunakan yaitu Skala Stres Akademik dan IPK mahasiswa. Analisis data menggunakan uji *Mann Whitney* dan uji korelasi *Spearman*.

Hasil: Mayoritas responden adalah perempuan (90,8%) dan sebagian besar berusia 21 tahun (34,6%). Secara umum responden memiliki stres akademik “sedang” dan perolehan IPK mayoritas responden (81,6%) lebih dari 3,51 (*Cumlaude*). Lebih dari separuh responden menyebutkan tidak mengalami kesulitan dalam mengakses internet selama pembelajaran daring, tetapi pemahaman terkait materi perkuliahan terganggu selama pandemi. Terdapat perbedaan stres akademik pada mahasiswa dengan IPK *cumlaude* dan sangat memuaskan ($p = 0,004$) serta terdapat hubungan yang signifikan antara stres akademik dengan IPK ($p = 0,001$).

Kesimpulan: Terdapat hubungan yang signifikan antara stres akademik dengan IPK pada mahasiswa Ilmu Keperawatan masa pandemi Covid-19 dimana semakin tinggi stres akademik yang dialami oleh individu maka semakin rendah IPK yang didapatkan.

Kata Kunci: stres akademik, indeks prestasi kumulatif, mahasiswa keperawatan

ABSTRACT

Background: The spread of Covid-19 in Indonesia has impacted the education system, where there was a transition from offline to online learning. This may causes students to experience academic pressure and academic stress. Academic stress can have an impact on the student's grade point average (GPA).

Objective: This study aims to determine the correlation between academic stress and grade point average in nursing students during the Covid-19 pandemic.

Method: Quantitative approach with an analytical correlation using a cross-sectional design. The population is nursing students of School of Nursing Universitas Gadjah Mada. The total samples were 185 respondents obtained through stratified random and purposive sampling. The instruments used are the Academic Stress Scale and students' grade point averages. Data were analyzed using the Mann Whitney test and Spearman's correlation test.

Results: The majority of respondents were women (90.8%) and most were 21 years old (34.6%). Generally, the respondents have moderate academic stress (median=92) during the pandemic. The acquisition of grade point average of most respondents (81.6%) is more than 3.51 (*Cumlaude*). More than half of the respondents said they had no difficulty accessing the internet during online learning, but their understanding of lecture material was disrupted during the pandemic. There was significant difference in academic stress among students with “cumlaude” and “very satisfactory” GPAs ($p = 0.004$) and there was correlation between academic stress and GPA with a p -significance value of 0.001.

Conclusion: There is a significant correlation between academic stress and grade point average in nursing students during the pandemic which means that the higher the academic stress of students receive, the lower the GPAs they had.

Keywords: academic stress, grade point average, nursing students